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# The Fort Jackson Leader

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## Checking Inn



Photo by CHRIS RASMUSSEN

Desk clerk Barbara Lloyd, right, and desk clerk supervisor Queisha Rainer assist customers at the new Fort Jackson Inn on Monday. The \$27-million, four-story hotel features 209 rooms with amenities found in a three-star hotel.

## New hotel boosts lodging capacity

By CHRIS RASMUSSEN  
Fort Jackson Leader

Complimentary breakfast, comfortable rooms with flat screen TVs and laundry facilities are the amenities of a three-star hotel. But those are just a few of the features of a new Army Lodging facility at Fort Jackson.

The Fort Jackson Inn, a 209-room hotel located behind the Soldier Support Institute at 7550 Benning Road, officially opened for business with a ribbon-cutting ceremony Wednesday.

"The hotel was designed to meet

commercial industry standards," said Lisa Leavell, hotel assistant manager. "Our customers will feel like they are staying in a nice hotel comparable or better than what they would find off post."

The \$27-million, four-story hotel has 100 standard rooms, 100 suites and nine extended stay rooms. Each room features high-speed Internet, kitchenettes, 27-inch flat screen TVs with DVD players, recliners and study desks. The facility also has a fitness center, two study rooms, complimentary laundry facilities and free continental breakfast. The modern front-desk area features several sitting areas and the breakfast area sports a large TV.

"The new hotel is another step in improving our lodging facilities on Fort Jackson," said Rose Ann Turner, chief of business operations for Fort Jackson's Family and Morale, Welfare and Recreation. "We are committed to providing Soldiers with high quality on-post transient lodging that meets mission requirements and Army Lodging standards."

The welcome center, which served as a front desk operation center for all Army Lodging on Fort Jackson and was previously located on Strom Thurmond Boulevard just

See **FOUR-STORY:** Page 8



OPINION

# Values form the Army’s foundation

The Army Values — loyalty, duty, respect, selfless service, honor, integrity and personal courage — are more than mere words; they are the professional ethos that identifies and sets apart our profession from all others. They are far more than just things for new Soldiers to recite when called upon by their drill sergeants, and they are far more than an easy answer to a promotion board question.

The Army Values are intrinsically special to all of us who wear the uniform.

They are with us 24/7/365, in or out of uniform. Army Values never take a holiday. No Soldier leaves the bunk without them, because he or she would be incomplete. Army Values are the traits that define how we conduct ourselves. They are the foundation of our profession and define us as proud members of the profession of arms.

Recently, the post newspaper conducted a man-on-the-street survey. During the informal survey, Soldiers were asked: “Which of the seven Army Values means the most to you?” Of the six Soldiers polled, “loyalty” and “selfless service” tied at the top with two votes each, while “honor” and “integrity” received one vote apiece. All six were right,

**MAJ. GEN.  
JAMES M. MILANO**  
*Fort Jackson  
Commanding  
General*



because all of them are applying the Army Values to their daily lives.

Regardless of which value you find most important, I guarantee that all of our Army Values holistically applied will be relevant throughout your career and in your daily lives as Soldiers and as responsible citizens. If you live up to the standards of all seven core values, you will be — at the very minimum — a very good Soldier, with a significant edge in becoming a great Soldier. And, most importantly, you’ll be a responsible member of our society and a great ambassador for the Army and the United States wherever

you are, whatever you’re doing.  
On the other hand, if you are derelict and not living up to our Army Values, you will never attain greatness, and you will probably have a difficult time meeting minimum standards not only in the Army, but in life. That’s why it pays for us to conduct self assessments and examine how we are living our Army lives.

We consistently need to revisit the basics to ensure we remain focused on doing what’s right. In one way, we resemble professional athletes. They, from time to time, re-examine fundamentals and mechanics so that they stay at the top of their games. I realize this is a simple analogy, but in sports, many flaws can be traced back to a problem with fundamentals. No football team can expect to be good, let alone great, if it can’t block and tackle.

The difference between our profession and professional athletes is we can never violate our values. When we do, lives can be lost, teammates let down, missions left unaccomplished, reputations — personal and our Army’s — ruined. Take the time to reflect on our Army Values and how they apply to all aspects of your life.  
Army Strong and Victory Starts Here!

*The Fort Jackson*  
**Leader**

**Fort Jackson, South Carolina 29207**

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**LETTERS** *Editor*

**RETIREE PRAISES CEMETERY EMPLOYEE**

I am (retired) 1st Sgt. Isaac T. Thompson and my wife Betty was laid to rest at the Fort Jackson National Cemetery on Oct. 12. I am writing this to give my thanks to Trimeka M. Thomas, one of the most professional, dedicated and caring people that I have met in all my working life. I retired from the Army and taught high school JROTC for 20 years, and I have never met anyone as proficient and caring as cemetery representative Trimeka. She made sure that all my desires and wishes were taken care of. She spent hours on three different days making sure that my daughter Carmen, who was my eyes and ears during this hard time, was satisfied that the inscription on the marker was correct and answered any other questions my daughter had.

On the day of the funeral, my grandson got stuck in traffic and was running late. Trimeka came to me and told me not to worry because we would wait until he arrived. She never forgot a first name and she came to me after the service and hugged my neck and consoled me and told me anytime I had questions to come see her. Everyone in my family, including my brother and sister-in-law from North Carolina, thanked her for her thoughtfulness and dedication to duty and hugged her neck. We need representatives in all workplaces like this lady, Trimeka M. Thomas.

*Isaac T. Thompson,  
Retired first sergeant  
Columbia, S.C.*

**NOT SALUTING FLAG SHOWS LACK OF PRIDE**

OK, so here we go again, another disgruntled person complaining about the lack of courtesy exhibited on the post.

I know that you heard the five-minute warning. You were standing just a few feet away from me, and I heard it plain as day. So why did you ignore the fact that the music was about to play? Maybe it is the generation that you grew up in, maybe not, but I know you were taught this during your basic training FM 7-21.13 para. 4-21, 22 states so. Just because you are in civilian

clothes or you were given the afternoon off work doesn’t mean you should ignore what you have been taught.

I recently retired from the military, and I have not forgotten to come to the position of attention when the first note of “Retreat” is played and to hold that stance through the duration. I actually take a lot of pride in doing so. The simple act of rendering this courtesy was taught to me in boot camp, probably the first day that I arrived. In fact, the Army even goes one step further than what I was taught (as a Marine) by putting your hand over your heart while in civilian attire.

You are a member of the military 24/7, every moment of the day; not just when you are in uniform. We make many sacrifices as members of the military; past, present or future. We stand duty on the weekends and holidays, guard posts come rain, sleet, or snow, enlist to become Soldiers, and get commissioned to lead. We go on forced marches, get up at the crack of dawn to do physical training, and deploy to places unknown and risk your lives; some do not make it back.

You are probably the same one who does not stand when the flag passes by during a ceremony or parade, but the handicapped veteran next to you stands and salutes with more pride than you could ever imagine.

Rendering honors to our nation’s flag should not be something you do just because someone may be looking at you. You should have the pride to do it all of the time whether you are by yourself or with a group of people. You know who you are!

*S.L. Garcia,  
Retired Marine chief warrant officer 2  
Columbia, S.C.*

The *Leader* welcomes letters to the editor. All letters should include the name and hometown of the writer. Letters should also include a phone number for verification purposes. The *Leader* reserves the right to edit letters for grammar, style, spelling and brevity. Send letters to [FJLeader@conus.army.mil](mailto:FJLeader@conus.army.mil). Call 751-7045 for information.

# WTU Soldiers, families hit the books

*Partnership offers wounded warriors college credits*

By KRIS GONZALEZ  
Fort Jackson Leader

The day after Cpl. Wiley White Jr. completed Advanced Individual Training in 2009, the infantryman realized something was wrong. When he woke up, one arm was numb. For the next few days he felt tingling sensations and pain in his arm.

Doctors discovered White had a protruding disc that was interfering with his nerves. In addition, he was diagnosed with degenerative disc disease. Ever since, White said he has been living with chronic pain. Because of his injuries, he will likely be medically discharged from the Army soon, he said.

Though he admits he can't do half the physical things he used to be capable of doing, White said there's still a lot of life left in him. Just a handful of credits shy of earning his bachelor's degree, White said he hopes to pursue a career in the civilian sector counseling at-risk youth.

Through a collaborate venture among Fort Jackson's Warrior Transition Unit, the Soldier and Family Assistance Center, the Education Center and the University of South Carolina, White is getting the tools he needs to transition successfully to the next phase of his life.

The new program offers condensed college courses to Fort Jackson's wounded warriors and their family members.

White is one of 10 WTU Soldiers who applied through the standard college application process to be admitted to the University of South Carolina, which offers the college-credit classes.

The first five-week course, Western Civilization, began last week. The three-credit-hour course takes place at the SFAC for two hours, four days out of the week.

"It's condensed, but it's every day and it's during work hours, which is a relief for Soldiers because if they need any tutoring, any assistance, it's readily available," said Deborah Hauck, SFAC information referral and follow-up coordinator, who helped facilitate the program.

Hauck said that she intends to coordinate more on-post general education classes for the Soldiers and their family members. She said she hopes the classes will eventually lead to a degree program.

The course schedule is tailored around



Photos by KRIS GONZALEZ

**Staff Sgt. Retha Anderson, of Fort Jackson's Warrior Transition Unit, takes notes during a Western Civilization class Monday at the Soldier and Family Assistance Center. The history class is the first in a new program that brings condensed college classes to Fort Jackson for wounded warriors and their family members.**

the Soldiers' schedules, allowing time for appointments, training and time off, to include federal and training holidays.

Staff Sgt. Retha Anderson, who sustained an injury to her tailbone during Airborne training, said the schedule and location of the classes make it easier for

her to manage her schooling, her career and her healing.

"Being a student full time, having a full-time job and being injured can be difficult to juggle," Anderson

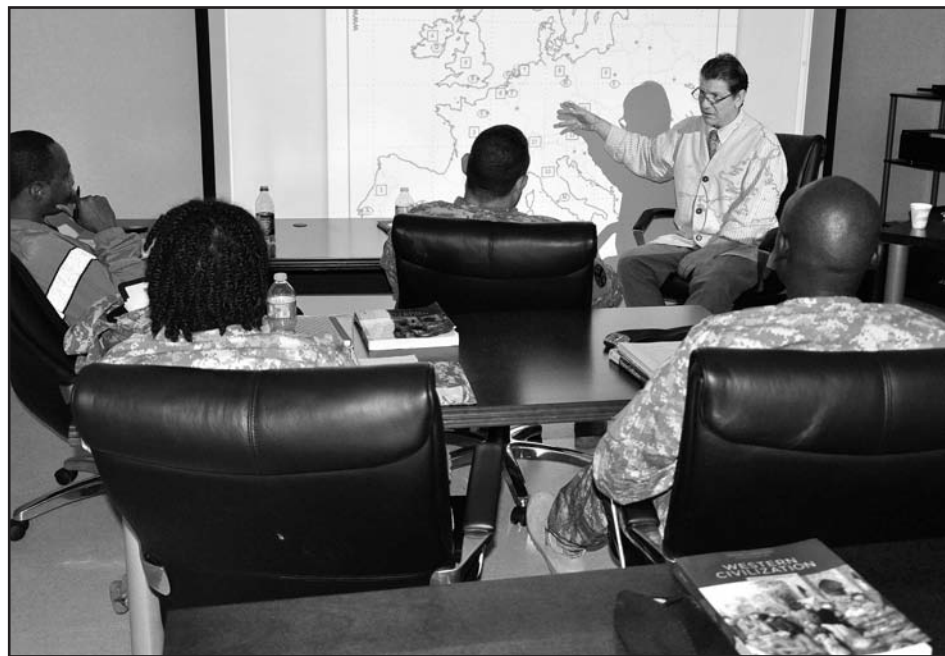
said. "This program makes it easier to manage. It's great to be able to get my injuries taken care of and in between appointments I can go to school."

Anderson plans to apply to nursing school.

White, who said he had taken classes on college campuses in the past and knows how hectic it can be dealing with the demands of the military and traveling to and from campus, said he appreciates the new SFAC/USC program because it offers a balance.

"It's also unique because we're allowed the time to make our education a priority," he said.

"It can be depressing coming into the



**Jim Haynsworth, University of South Carolina professor, teaches a Western Civilization class Monday at the Soldier and Family Assistance Center.**

WTU with an injury because you don't know whether you're going to (remain) in or out (of the Army)," White said. "Taking the class helps take my mind off the injury and the circumstances; it energizes my hope for the future."

Hauck said the program was designed to do just that, give wounded warriors hope and boost their self-esteem.

"We're empowering them, helping

them to understand life's not over, this is just another phase," Hauck said. "We want to help them realize if they can succeed at this, they can succeed at other things."

White said attending college classes again gives him a new sense of empowerment.

"Any time I can feel empowered I feel a lot better about life," White said.

Kris.Gonzalez1@us.army.mil



## Housing Happenings

### COMMUNITY UPDATE

❑ Halloween safety tips can be picked up at the Community Center.

❑ Pets residing in family housing must be registered with the on-post veterinarian. Once the pet has been registered, a pet addendum must be filled out for housing. Pet addendums are available at the Community Center.

❑ Visit the Balfour Beatty office for a list of items eligible for curbside recycling. Items not approved for curbside recycling may prevent the entire bin from being emptied. Call 751-4208 for more information about what is approved.

❑ Call 738-8275 to reserve the Community Center for personal functions.

❑ The Mayoral Council is seeking volunteers to serve as mayors and vice mayors for the Fort Jackson housing community. Child care is provided while volunteers are performing mayoral duties. Call 751-7567 for information.

❑ Residents, especially children, are prohibited from cutting through or playing in fenced-in construction areas. These areas can be extremely dangerous. Anyone who sees children in these areas should contact the Military Police.

❑ Garden plots will be available for on-post residents starting in January. The plots will be located on Gilmer Court, near Jacks Inn. Call 751-7126 for more information.

### DEVELOPMENT UPDATE

❑ To date, 208 homes have been completed.

❑ Homes on Brown Avenue, Bremer Court, Faison Court and Mills Road are expected to become available beginning mid-December.

❑ About 211 homes have been demolished in the junior noncommissioned officer area.

❑ Furman-Smith Road at Knight Avenue will remain closed until new housing comes on line.

## CMS Corner

The Customer Management System at Fort Jackson is a three-tiered feedback system established to determine the satisfaction of those who work, train, live and play on the installation.

A complete list of Community FIRST issues can be found at <http://www.jackson.army.mil/WellBeing/wellbeing.htm>. New issues may be submitted on the site as well, by clicking on "Submit an Issue or Recommendation" or on the Community FIRST/AFAP Logo.

# Program aimed at Army dads

By CHRIS RASMUSSEN  
*Fort Jackson Leader*

Sixteen-hour days, multiple deployments and lengthy temporary duty assignments pose a strain on any Soldier. But for fathers, this time away from home can stack up, affecting their children and spouses.

However, a new on-post program aims to help fathers balance their lives as Soldiers and fathers. The Family Advocacy Fatherhood Initiative is a program designed to promote and recognize responsible fatherhood in the Fort Jackson community.

"Military fathers, by the nature of what our Soldiers do, face far more difficult and demanding challenges in their efforts to balance successful careers, stable marriages and strong family bonds," said Greg Lewis, a Family Advocacy Program specialist who is spearheading the program.

The program, which is sponsored by Army Community Services, will begin 10 a.m., Nov. 9 at the Dozier Hall Conference Room with a Focus on Fathers Workshop.

"Enhancing and promoting fatherhood throughout the Fort Jackson community is our ultimate goal," said Lewis, who has previous experience working with the Midlands Fatherhood Coalition. "During the first meeting we want to introduce the program to the community and solicit ideas."

Some tentative events include social events, workshops, education seminars and a large event for Father's Day.

Staff Sgt. Tavares Josey, a drill sergeant leader at the Reserve Drill Sergeant School, begins his day in the wee hours of the morning and drops two of his three children off at 4:30 a.m. at the Scales Avenue Child Development Center.

"I have a very hectic schedule," Josey said. "When the day ends, you think you are off but you still have to help the children with homework or take them to football practice and games."

For Sgt. Jamie Toro, a supply sergeant for Company A, 187 Ordnance Battalion, the biggest challenge has been leaving his three children during two 15-month deployments to Iraq.

"My wife had to take over,



Photo by CRYSTAL LEWIS BROWN

**Sgt. William Cox, an occupational therapist assistant at Moncrief Army Community Hospital, hoists son Elijah, 4, outside the Scales Avenue Child Development Center, which Elijah attends. A new Army Community Services Program, the Family Advocacy Fatherhood Initiative, is aimed at military-affiliated fathers like Cox.**

and it was hard for her to deal with all three of our children," he said. "When you deploy you realize how much you miss them because you don't know what will happen next. When I came back, all I wanted to do was spend time with them."

Lengthy and multiple temporary duty assignments have proved to be the most difficult challenge for Maj. Jeff Shearin, executive officer of 2nd Bn., 345th Inf. Reg.

"Our mission is to train Soldiers for deployment, and we go on lengthy TDYs to other installations," said Shearin, whose spouse is a stay-at-home mom. "When I am here at Fort Jackson my schedule isn't as crazy. It is

“Yes, you have been downrange ... but have you taught your son to tie a tie?”

”

— Greg Lewis  
*Family Advocacy Program*

not the lengthy days of a drill sergeant or a company commander, but five months out of the year, though, I am gone. You aren't deployed to Iraq or Afghanistan, but you are gone. That is the difficult part of our job."

Even so, Shearin said he tries to make it up to his children when he returns home.

"We try to take a weekend trip and do something together. I try to get back involved as soon as possible," he said. "They understand what I do and that I am training Soldiers that are going overseas. They understand that is important."

Lewis said he hopes Soldiers will be open to the program and not have a closed attitude about working on their fatherhood skills.

"You can be present in the home and absent at the same time," Lewis said. "Yes, you have been downrange and (been) shot at, but have you taught your son to tie a tie?"

*Chris.Rasmussen@us.army.mil*



News and Notes

TOWN HALL MEETING ON THE TUBE

A Fort Jackson town hall meeting is scheduled for 6 p.m., Nov. 2, at the Solomon Center. The meeting will also be available for online viewing Nov. 17. Viewers can access the video by going to the Fort Jackson homepage at [www.jackson.army.mil](http://www.jackson.army.mil). Scroll to the bottom of the page and click on the Vimeo link.

RECLAMATION SALE SCHEDULED

A reclamation sale is scheduled from 8 a.m. to 3 p.m., Monday and Tuesday at Building 2570. Cash accepted only; no exchanges are permitted. Condition code B ACUs will be available for purchase.

WREATH LAYING CEREMONY SET

A wreath laying ceremony in honor of Veteran’s Day is scheduled for 9 a.m., Nov. 10, at Gate 1. As part of the preparation, the inner lane in the Gate 1 traffic circle will be blocked from 1:30 to 3 p.m. Nov. 9. On Nov. 10, Gate 1 and the traffic circle will be closed to all traffic from 8:30 to 10 a.m.

FLU SHOT DRIVE BEGINS

Seasonal flu shots are available 7 a.m. to 4 p.m., Tuesday through Friday at Moncrief Army Community Hospital, Room 6-27. The clinic is closed Nov. 11, 12, 25 and 26. Flu shots will be given at the Solomon Center 8 a.m. to 3:30 p.m., Monday, Nov. 8, 15, 22 and 29 and from 8 a.m. to 2 p.m., Nov. 6 and 20. Call 751-2210 for information about immunizations for newborns to 3 year olds

TSB TO WELCOME NEW ENLISTED LEADER

A change of responsibility ceremony for the Training Support Battalion is scheduled for 8 a.m., Nov. 4 at the Soldier Support Institute. Command Sgt. Maj. Jeffrey Green will relinquish responsibility to Command Sgt. Maj. Curtis Wesson.

School welcomes commandant



Photo by CHRIS RASMUSSEN

Col. Troy Clay, left, accepts the colors of the Financial Management School from Brig. Gen. Mark McAlister, commanding general of the Soldier Support Institute, during a change of commandant ceremony Friday at the Officers' Club. Clay takes over for Col. Milton Sawyers, who will retire.

Army considers IRR with no involuntary deployment

By ALEXANDRA HEMMERLY-BROWN  
Army News Services

WASHINGTON — The Army Reserve is undergoing a pilot program with some Inactive Ready Reserve troops to ensure that both the needs of the Soldiers and the Army are better met.

Chief of the Army Reserve Lt. Gen. Jack C. Stultz explained Tuesday that the Army is currently considering the possibility of creating a pool of Soldiers who would be able to stay in the IRR without the fear of being deployed — they could volunteer for missions, but it would be their choice.

During a forum at the 2010 Association of the U.S. Army Annual Meeting in Washington, Stultz explained that the Reserve is still out of balance, and while recruiting is high, leaders are looking for ways to keep highly-qualified Soldiers in the Reserve.

“The challenge is, this is not going to change,” Stultz said of the uncertainty now for both active-duty and Reserve Soldiers and their families regarding deployments.

Stultz explained that a reversion back to a strategic rather than operational Reserve component is unlikely, and there are several studies being conducted to determine what the future role of Reserve troops will be.

“The Army has no choice but to include the Reserve as

part of the operational force,” he said.

Stultz explained that many foreign militaries are interested in how the U.S. uses its Reserve troops and have personally asked him for guidance.

“As we’ve been successful over the past few years transforming the Reserve into an operational force, it’s gotten international attention,” he said. “People around the world are paying attention to what we’re doing.”

However, with that success comes the knowledge that many Reserve and National Guard Soldiers are leaving the Army after their obligated service agreements expire because they have lives outside of the Army and those lives are often put on hold in lieu of deployments.

“We have a lot of Soldiers who left the Reserve because they realized it wasn’t what they signed up for,” he said.

Stultz gave the example of Army Reserve doctors who have put private practices on hold, or couples who have waited to have children until after leaving the Army because of the uncertainty of deployments. Yet those are the same Soldiers whom Stultz would like to see retained.

He also spoke of the desire to shorten Reserve deployments to nine months overseas, totaling 12 months away from home, including training.

The Army Reserve currently has about 20,000 deployed Soldiers overseas and an additional 10,000 troops activated stateside.



<b>Oct. 29 — 7 p.m.</b>		
Devil	PG-13	80 min.
<b>Oct. 30 — 3 p.m.</b>		
Alpha and Omega	PG	88 min.
<b>Oct. 30 — 7 p.m.</b>		
Due Date (free screening)	R	100 min.
<b>Oct. 31 — 7 p.m.</b>		
Alpha and Omega	PG	88 min.

**Fort Jackson Reel Time Theater**  
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**Ticket admission**  
Adults: \$4.50  
Children: (12 and younger) \$2.25

Visit [www.aafes.com](http://www.aafes.com) for listings.



# Four-story, 209-room Fort Jackson Inn opens

Continued from Page 1

inside Gate 2, was moved to the new facility.

"It just made sense to have our front desk operation in a hotel setting," Leavell said. "It is also closer to our other facilities, such as Dozier Hall, and it is also closer to the Soldier Support Institute, which accounts for many of our customers."

Turner said moving the welcome center to the hotel also helps to boost the impression of Fort Jackson to Army Lodging customers.

"The new facility creates a positive first impression of Fort Jackson," Turner said. "It is ADA accessible and has an improved phone system, which will better accommodate travelers calling to make reservations."

The addition of the new hotel boosts the number of rooms available at Fort Jackson to 1,437, something Leavell said will help alleviate the need for Soldiers and civilians to stay off post.

"Right now, with the present inventory, we do not foresee having to place people off post until the summer of 2011," Leavell said. "Residing on post is of great convenience for our guests, reducing the commute to training and graduation ceremonies."

Fort Jackson now has five lodging facilities; Fort Jackson Inn, Kennedy Hall, Dozier Hall, Palmetto Lodge and Magruder Transient.

*Chris.Rasmussen@us.army.mil*



*Photo by CHRIS RASMUSSEN*

**Standard rooms at the new Fort Jackson Inn feature recliners, high-speed Internet access, 27-inch flatscreen TVs with DVD players and kitchenettes. The hotel officially opened Wednesday.**

## Warrior Spirit



*Photo by SUSANNE KAPLER*

**The band "Warrior Spirit" performs during the Warrior Transition Unit town hall meeting Oct. 21 at the Joe E. Mann Center. Four of the five band members are veterans who were injured in combat. The band performs at veterans outreach programs to raise awareness about wounded warriors and the challenges they face.**

## CPAC Corner

**Planning to retire soon?**

Civilian employees preparing to retire, are encouraged to submit their retirement application package within 120 days the your intended retirement date.

Early submission will help to ensure a timely receipt of the first annuity payment from the Office of Personnel Management. Retirees who submit their retirement package to the Army Benefits Center-Civilian with less than 60 days notice, should be financially prepared for a delay in the receipt of their first annuity payment.

Although there are circumstances that may cause a delay in an employee's application submission, the ABC-C strives to complete all packages expeditiously. However, employees are encouraged to follow the ABC-C's 120-day recommendation whenever possible to help achieve a smooth financial transition into retirement.

CPAC benefits representatives are available to brief employees planning on retiring within the next year; ensure they have the proper documentation; and answer general questions. Employees will be directed to ABC for specific information as needed. Supervisors may contact CPAC to schedule briefing times for their organizations.

For more information on retirement, visit <https://www.abc.army.mil>.



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# Fear Factor: Thomas Court

## Haunted house offers horror-iffic Halloween

By KRIS GONZALEZ  
Fort Jackson Leader

As the sun goes down Friday night, and the last flicker of light casts shadows on Thomas Court, one ominous house will be sure to catch the attention of passersby.

Only those courageous enough to venture near it will hear the screams of the souls inside.

The creaky doors of a haunted house will open at 7 p.m. for anyone, ages 10 and older, who dares to confront the terror inside.

Shrieks and evil laughter will echo as teens dressed as ghosts and ghouls lurk in the dark halls, bringing the horror of scary movies to life.

As visitors creep from room to room, they will inevitably face some of their own fears.

Those who suffer from Coulrophobia, or the fear of clowns, may not be able to mask their fright, while meat lovers may convert to vegetarianism when they find out what's on the menu inside the kitchen. Those who take a stab at using the bathroom will be greeted like a prom queen — as in the movie *Carrie*, that is. Guests will watch a prisoner be served justice and partake in an eerie funeral.

And the tour doesn't end when the house guests exit the haunted building. Teens playing dead will come to life in the cemetery outside.

This year's "Terror on Thomas Court" is sure to be spookier and scarier than ever, said Shanee Jenkins, middle school and teen program coordinator for Child, Youth and School Services and lead coordinator of the haunted house.

"Those who visit are sure to be surprised," she said.

And for those who don't get their fill of fake blood and gore, the house will be open again from 7 to 9 p.m. Saturday night, with monsters and goblins galore.

*Kris.Gonzalez1@us.army.mil*

### HALLOWEEN ON FORT JACKSON

#### Looking for something less scary?

Children of all ages are invited to the CYSS Fall Festival to participate in crafts and carnival-style games with familiar themes from children's programs such as *Blue's Clues* and *Curious George*, from 7 to 9 p.m. Friday at the Solomon Center.

Participants are welcome to wear costumes. No scary costumes allowed.

On-post trick-or-treating is scheduled for 6 to 8 p.m., Saturday.

#### Tips for trick-or-treaters

- ❑ Carry a flashlight with you for visibility.
- ❑ Always stay in a group with an adult.
- ❑ Never enter a stranger's house for a treat.
- ❑ Always walk on the sidewalk. If there is no sidewalk, walk on the grass away from the street.
- ❑ Look both ways before crossing the street and if you are wearing a mask, take it off.
- ❑ Wait until an adult can check your candy before you eat any of it.
- ❑ Only accept treats from neighbors or friends you know.





# OPSEC not just Soldier's responsibility

A few months ago, I overheard two guys having a conversation while waiting in line to order their sandwiches.

“Do you work at the fort?” one man asked. When the other replied in the affirmative, the first man asked him if he was an instructor. As the conversation continued, I learned that the Fort Jackson employee was a former Soldier who has worked on post many years as an instructor. I even found out exactly where he worked. Unfortunately, everyone else around us did, as well.

Many of us would call that conversation basic chit-chat. But operational security folks might call it a recipe for disaster. A lot of us know that we should zip up in public about those things that are critical to post operations, but potential terrorists can also use bits of seemingly innocuous information to piece together something bigger. We should think of information as a puzzle; several smaller puzzle pieces comprise the big picture. Once each of those pieces has been put in its proper place, we can see that it's a tree or a summer landscape.

Here is one example I remember from OPSEC training.

The phone rings and caller asks to speak to Joe.

“No, I'm sorry Joe isn't here,” responds the person who answers the call. “He's on a job in Bermuda for the next two weeks, and since the kids were out of school, he



**CRYSTAL CLEAR**  
By **CRYSTAL LEWIS BROWN**  
*Fort Jackson Leader*

took his family for a vacation. Can I take a message?”

The caller now knows that Joe's house is likely empty for two weeks, and that he also has school-aged children.

Let's take something that probably hits a bit closer to home — Facebook.

A quick search on Facebook for U.S. Army takes me to one of the site's community pages. For those not familiar with them, community pages are sort of unofficial pages created by Facebook that provide “the best collection of shared knowledge” on a given topic. Read: those who post about said topic may have his or her post filtered into a feed that will show up on that page. More than 10,000 people “like” the Army's community page, which is just a fraction of the approximately 430,000 whom like the official page. But 10,000 followers is noth-

ing to sneeze at.

One post I recently saw on the community page is from a loving mom missing her Soldier, who is assigned to one of Fort Jackson's Basic Combat Training units.

Though the mother's Facebook page is private, I can still read her name. Besides knowing her son's first name, I also know his unit. Now I can send Mom an urgent message saying that her son hasn't gotten paid and needs to borrow \$300 (or \$500 or \$1,000) until pay day. Once I have the unit and company, finding out the commander's name is a breeze; now I have enough information to ease any of Mom's concerns enough to convince her to send me the money.

In this age of ever-changing technology, it is easy to log onto a laptop or on a cell phone and let our friends and family know what we're doing, even as we're doing it. But we have to remember that much of the information we share online is available for everyone to see, and some of those people may not have our best interests in mind. Think of it this way, protecting your personal information is one (fairly easy) way to protect your family. And for me, my family is worth more than a status update on Facebook.

*Editor's note: Crystal Lewis Brown is an Army spouse of five years and editor of the Fort Jackson Leader.*

## Family Happenings

**KNIGHT POOL REOPENS**

Knight indoor swimming pool is now open. Operating hours are 6 a.m. to 2 p.m. and 4:30 to 7 p.m., Monday through Friday. Aerobics classes and adult and youth swimming lessons will be offered. Call 751-4796 for information.

**PLAYGROUP**

Join other parents and their children, at Playgroup, 10 to 11:45 a.m., every Monday, Wednesday and Friday, at 5615 Hood St., Room 8. An evening playgroup for Soldiers and their children is scheduled for 5 to 6:30 p.m., Wednesday. Call 751-5256 for information.

**SLEEPY STORYTIME**

Wear your favorite pajamas to Sleepy Storytime at the Thomas Lee Hall Library. Sleepy Storytime starts at 6:30 p.m., every Thursday. Call 751-5589 for more information.

**JUMPING JACKS**

Jumping Jacks child care is available in the Solomon Center's Marion Room for parents to use while they work out at Andy's Fitness Center. Jumping Jacks is available 9 to 11 a.m. and 3:45 to 7:45 p.m., Monday and Tuesday; and 8 a.m. to noon, Saturday. Child care services and scheduled activities for school-age chil-

dren (through high school) are available. For more information on registration and eligibility, call the Child, Youth and School Services Parent Central Services at 751-4865/4824.

**4-H CLUB**

The 4-H Club (for first through fifth graders) meets 4-5 p.m., every Wednesday at the Youth Center. Call 751-1136 for information.

**PARENTS' NIGHT OUT**

Need a night off? Don't forget to take advantage of the Parents' Night Out program at Hood Street Child Development

Center. Children must be registered with Child, Youth and School Services to participate. Orientation is required prior to scheduling care. Call 751-1970/1972 to schedule an orientation.

**SPANISH PLAYGROUP**

The Spanish Support Group/Playgroup meets the last Thursday of the month at 5615 Hood St., Room 8. E-mail [jcst143@univision.com](mailto:jcst143@univision.com) or [lizperlataina@yahoo.com](mailto:lizperlataina@yahoo.com) for information.

Visit <http://jackson.mhsoftware.com/> for the full on-post calendar. The calendar is located at the bottom of the page.



**ADVERTISE IN THE LEADER**

☐ To place a classified ad in the Leader, fax or e-mail the ad to 432-7609 [SKaress@ci-camden.com](mailto:SKaress@ci-camden.com) or call 432-6157 for information and costs. Classified ads can also be mailed to: The Fort Jackson Leader, P.O. Box 1137, Camden, S.C., 29020.



Calendar

*Friday*  
**Fall Festival**  
7 p.m., Solomon Center

*Tuesday*  
**Installation town hall meeting**  
6 p.m., Solomon Center

*Thursday, Nov. 4*  
**School board meeting**  
4 p.m., C.C. Pinckney Elementary School

*Friday, Nov. 5*  
**First Friday tournament**  
1 p.m., Fort Jackson Golf Club

*Saturday, Nov. 6*  
**Army/Navy games**  
11 a.m., Hilton Field Softball Complex

*Wednesday, Nov. 10*  
**ROWC meeting**  
11:30 a.m., Officers’ Club  
RSVP by Nov. 5.

*Thursday, Nov. 18*  
**Native American Heritage Month luncheon**  
11:30 a.m., Officers’ Club

*Friday, Nov. 19*  
**Veterans Day ball**  
6 p.m., Medallion Center, Columbia  
RSVP by Wednesday. For more information, call 751-3318/3319 or e-mail [Douglas.Schuckman@conus.army.mil](mailto:Douglas.Schuckman@conus.army.mil).

*Through October*  
**Plastic bag recycling**  
Bring plastic grocery bags to the Community Center during business hours.

*Today*  
**Halloween decorations contest deadline**  
Submit your nomination to Alana at the Community Center. For more information, call 738-8275.

*Friday and Saturday*  
**Terror on Thomas Court**  
7 to 9 p.m., Thomas Court  
Haunted house. The recommended age is 10 and older.

*Friday, Nov. 5*  
**Neighborhood Huddle**  
11:30 a.m. to 1 p.m., Legge Court, for residents in officer housing.

*All events are held in the Community Center, 520 Brown Ave., unless otherwise specified. Call 738-8275 for information.*

Announcements

**DAYLIGHT SAVING TIME ENDS**  
Daylight saving time ends Nov. 7. After that date, Retirement Reviews and Basic Combat Training graduations and family day activities will start at 10 a.m.

**WEDNESDAY GRADUATIONS**  
The graduation ceremony for Companies A, B and C of 3rd Battalion, 34th Infantry Regiment is scheduled for 10 a.m., Nov. 10. The graduation ceremony for Companies D, E and F of 3rd Battalion, 34th Infantry Regiment is scheduled for 10 a.m., Nov. 24.

**HR FOR SUPERVISORS**  
A course on HR for supervisors is scheduled for 8 a.m. to 4:30 p.m., Nov. 16 through 19, at the Soldier Support Institute, Room 408. Priority will be given to supervisors with less than two years of experience. Both civilian and military supervisors are eligible to attend if they supervise at least three appropriated fund civilians. To register, visit <https://www.atrrs.army.mil/channels/chrtas>. For more information, call Melissa Williams at 751-5063.

**AFAP SEEKS VOLUNTEERS, ISSUES**  
The Fort Jackson Army Family Action Plan is seeking volunteers for its annual conference, Dec. 2-3. Any member of the military community can participate in the conference as a delegate. Delegates must register and attend a training session. Issues are needed from all Soldiers, specifically single Soldiers and Warriors in Transition, retired service members, civilian employees and family members. Community members may also submit issues online at [www.fortjacksonmwr.com/acs\\_afap](http://www.fortjacksonmwr.com/acs_afap). Call 751-6315 for more information.

**AAFES ESSAY CONTEST**  
AAFES is awarding a \$2,000 shopping spree to the winner of its 300-word “My Hero” essay contest. The contest is open to all military ID card holders, 18 and older. Essays may be submitted in one of six categories: community crusader, young wonder, family champion, peacemaker, earth keeper or animal wonder. Entries will be accepted through Nov. 19 and should be submitted to [PatriotFamily@AAFES.com](mailto:PatriotFamily@AAFES.com).

**MTV CASTING CALL**  
MTV is casting for a weekly series chronicling the lives of Soldiers returning from deployment. The Soldiers should be 25 or younger and have redeployed within 30 days. The casting call ends Monday. For more information, visit [www.cominghomecasting.com](http://www.cominghomecasting.com)

or call Michael Sutton at 212-219-7617.

**RESERVE OFFICERS MEETING**  
Chapter Six of the South Carolina Department of the Reserve Officers Association will meet 6 p.m., today, at Doc’s Barbeque, 1601 Shop Road. For more information, e-mail [jeff.vaughan@us.army.mil](mailto:jeff.vaughan@us.army.mil).

**NEW AG SCHOOL COURSES**  
Starting this month, the four-week Human Resource Management Qualification Course has been replaced by two two-week courses, the Brigade S-1 Operations Course and the Human Resources Plans and Operations Course. For more information, call 751-8353 or e-mail [Jackson-SSI-AG-SLTD@conus.army.mil](mailto:Jackson-SSI-AG-SLTD@conus.army.mil).

**AAFES SURVEY**  
AAFES will conduct a customer survey at the Exchange Saturday through Nov. 6. Shoppers who participate will receive a \$5 Exchange coupon.

**VFW SCHOLARSHIPS**  
Veterans of Foreign Wars is offering two scholarships.  
— Voice of Democracy is open to students in grade 9-12. Students should submit an essay as an audio recording to enter.  
— Patriot’s Pen requires students to submit a 300-400 word essay. The deadline is Monday. For more information, visit [www.vfw.org](http://www.vfw.org) or call (816) 968-1117.

**SCHOLARSHIP FOR SOLDIERS**  
The Virginia Military Institute Foundation through the 100th Infantry Division Association Committee is offering two \$1,000 scholarships to qualifying Soldiers. Soldiers who are active-duty sergeants or staff sergeants may pick up an application at the Education Center, Room A100. Applications must be submitted by Friday. Award notifications will be made Dec. 6. For more information, call 751-6072/5341.

*Visit the community calendar at [www.jackson.army.mil](http://www.jackson.army.mil) for a full listing of calendar events.*

Off-post events

*The Fort Jackson Leader accepts only off-post announcements for those organizations or events that directly relate to service members and their families.*

**COLONIAL CUP**  
Free tickets are available to military members for the Colonial Cup International Steeple Chase Day Nov. 13 in Camden. Ticket reservation forms are available at ITT offices.

**MARKSMANSHIP CLINIC**  
Project Appleseed will host a marksmanship clinic Nov. 6-7 in Columbia. The clinic is free to service members. For more information, visit [www.rwva.org](http://www.rwva.org).

Living pink



Courtesy photo

**Moncrief Army Community Hospital hosts a breast cancer awareness luncheon Oct. 20 at the Officers’ Club. Oncologist Dr. Lisa Newman, front row, second from right, was the guest speaker.**



# Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



**Staff Sgt. Aaron Robinson**  
Company A  
2nd Battalion,  
39th Infantry Regiment  
**SOLDIER LEADER OF THE CYCLE**  
Pfc. Sheldon Hearn

**SOLDIER OF THE CYCLE**  
Pvt. Ely Hernandez

**HIGH BRM**  
Pvt. William Matthaey

**HIGH APFT SCORE**  
Pvt. Juan Solis

**Staff Sgt. Brian Evans**  
Company B  
2nd Battalion,  
39th Infantry Regiment  
**SOLDIER LEADER OF THE CYCLE**  
Pvt. Danielle Thornton

**SOLDIER OF THE CYCLE**  
Pfc. Benjamin Gettler

**HIGH BRM**  
Pvt. Justin Parker

**HIGH APFT SCORE**  
Pfc. Coral Vargas

**Sgt. Shawnta Hernandez**  
Company C  
2nd Battalion,  
39th Infantry Regiment  
**SOLDIER LEADER OF THE CYCLE**  
Pvt. Samantha Bryan

**SOLDIER OF THE CYCLE**  
Pvt. Shelby Bush

**HIGH BRM**  
Pfc. James Jackson

**HIGH APFT SCORE**  
Pfc. Andreas Sipple

**Staff Sgt. Jafet Falu**  
Company D  
2nd Battalion,  
39th Infantry Regiment  
**SOLDIER LEADER OF THE CYCLE**  
Pvt. Paul Tatum

**SOLDIER OF THE CYCLE**  
Spc. Melanie McDonald

**HIGH BRM**  
Pvt. Pedro Mermea

**HIGH APFT SCORE**  
Pfc. Jeffery Boland

**Staff Sgt. Justin Richardson**  
Company E  
2nd Battalion,  
39th Infantry Regiment  
**SOLDIER LEADER OF THE CYCLE**  
Pfc. Alexander Davis

**SOLDIER OF THE CYCLE**  
Pvt. John Rogers

**HIGH BRM**  
Pvt. Dan Moore

**HIGH APFT SCORE**  
Spc. Carlos Benitez Negron

**Staff Sgt. Douglas Morales**  
Company F  
2nd Battalion,  
39th Infantry Regiment  
**SOLDIER LEADER OF THE CYCLE**  
Pvt. John Hyde

**SOLDIER OF THE CYCLE**  
Pvt. David Murphy

**HIGH BRM**  
Pvt. John Hyde

**HIGH APFT SCORE**  
Pfc. Ryan Hill

SUPPORT AWARDS OF THE CYCLE

<b>STAFF SUPPORT</b> Raymon Colon	<b>TRAINING SUPPORT</b> Kathryn Butler	<b>SERVICE SUPPORT</b> Cindi Keene	<b>DFAC SUPPORT</b> Cornell Chatman	<b>FAMILY SUPPORT</b> Karen Palmer
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## Former POW visits post

Vietnam POW and retired Air Force Col. Jack Van Loan accepts a plaque from Maj. Gen. James Milano, Fort Jackson's commanding general, after speaking during a professional development event Tuesday at the NCO Club.

Photo by JAMES ARROWOOD,  
Command photographer

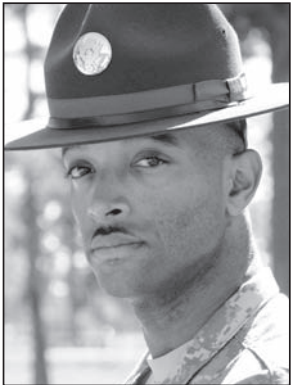


ACS Calendar of Events — November

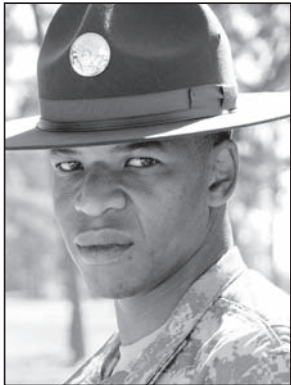
Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
1	2	3	4	5	6/7
<div><div>❑ English as a second language — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222 (every Monday except holidays)</div></div>	<div><div>❑ EFMP family night out — 5 p.m.; Chick-fil-A, Decker Boulevard</div></div>	<div><div>❑ Job search strategies — 8:30 to 11:30 a.m.; Strom Thurmond Building, Room 222</div><div>❑ Portable careers for military spouses — 9 a.m. to noon; Strom Thurmond Building, Room 222</div><div>❑ EFMP yoga class — 9 to 10 a.m.; Main Post Chapel, activity room (every Wednesday except holidays)</div><div>❑ AFTB Level I (Day 1) — 9 to 11 a.m.; Family Readiness Center</div><div>❑ Newcomers Orientation/Re-entry brief — 9 to 11:30 a.m.; Post Conference Room</div><div>❑ Play group — 10 to 11:30 a.m.; call for location (every Wednesday except holidays)</div><div>❑ Lunch and learn; welding careers in 10 weeks — noon to 1 p.m., Strom Thurmond Building, Room 222</div></div>	<div><div>❑ Resume writing/interviewing skills — 8:30 a.m. to noon; Strom Thurmond Building, Room 222</div><div>❑ AER commander’s referral training — 9 to 10:30 a.m.; Family Readiness Center</div><div>❑ AFTB Level I (Day 2) — 9 to 11 a.m.; Family Readiness Center</div><div>❑ FRG treasurer training — 9 to 11 a.m.; Family Readiness Center</div><div>❑ English as a second language conversational — 12:30 to 2 p.m.; Strom Thurmond Building, Room 222 (every Thursday except holidays)</div><div>❑ EFMP Bouncerific — 4:30 to 6:30 p.m.; 921 Longtown Road (pick up tickets at ACS)</div></div>	<div><div>❑ Steps to federal employment — 9 a.m. to noon; Strom Thurmond Building, Room 222</div></div>	
8	9	10	11	12	13/14
	<div><div>❑ AFAP delegate training — 9 to 11 a.m., Family Readiness Center</div><div>❑ Winning interview strategies — 9 to 11:30 a.m., Strom Thurmond Building, Room 222</div><div>❑ Baby Basics workshop — 10 a.m. to 3 p.m.; For more information, call 751-6304/1071/6868</div><div>❑ EFMP EdVenture Children’s Museum outing — 5 p.m., 211 Gervais St., \$1 entrance fee</div></div>	<div><div>❑ Key caller training — 9 to 11 a.m.; Family Readiness Center</div><div>❑ Child abuse awareness update class — noon to 1 p.m.; Main Post Chapel</div><div>❑ Child abuse orientation class (new staff) — noon to 2 p.m.; Main Post Chapel</div><div>❑ Care team training — 1 to 2:30 p.m.; Family Readiness Center</div><div>❑ Phase II LEVY briefing — 2:30 to 3:30 p.m.; Strom Thurmond Building, Room 213</div></div>	<div><div>Veterans Day</div><div></div></div>	<div><div>❑ EFMP support group (Thanksgiving potluck) — 5 to 7 p.m.; Main Post Chapel, activity room</div></div>	
15	16	17	18	19	20/21
	<div><div>❑ Job search strategies — 8:30 to 11:30 a.m.; Strom Thurmond Building, Room 222</div><div>❑ SOS CentSational tips for Windows — 10 a.m. to noon; Family Readiness Center</div><div>❑ Effective discipline for children 2-12 — 10 a.m. to 3 p.m.; For more information and to register, call 751-6304/1071/6868</div><div>❑ Lunch and learn; anger management — noon to 1 p.m., Family Readiness Center</div><div>❑ Hearts Apart brown bag luncheon — 11:30 a.m. to 1 p.m., call 751-1124 for location</div><div>❑ EFMP bowling — 3:30 to 5 p.m., Century Lanes; call 751-5256 to RSVP</div><div>❑ Evening breastfeeding support group — 5:15 to 6:30 p.m., for more information, call 751-6304/1071/6868</div></div>	<div><div>❑ Financial readiness for first termers — 8:30 a.m. to 4:30 p.m.; Family Readiness Center</div><div>❑ Scholarship seminar for military families — 9 to 11 a.m., Strom Thurmond Building, Room 222</div><div>❑ Lunch and learn; University of Phoenix — noon to 1 p.m., Strom Thurmond Building, Room 222</div><div>❑ Phase II LEVY briefing — 2:30 to 3:30 p.m.; Strom Thurmond Building, Room 213</div></div>	<div><div>❑ Financial/relocation initial PCS class — 9 to 10:30 a.m.; Family Readiness Center</div><div>❑ Foreign born spouse support group holiday party — 6 to 8:30 p.m.; location to be determined</div></div>	<div><div>❑ Steps to federal employment — 9 a.m. to noon; Strom Thurmond Building, Room 222</div><div>❑ EFMP movie night (Megamind, PG) — time to be determined, 450 Town Center Place, RSVP required</div></div>	
22	23	24	25	26	27/28
<div><div>❑ Army Family of the Year and Army Family Covenant re-signing reception— 4 p.m., Solomon Center</div></div>	<div><div>❑ Lunch and learn; Managing emotions under pressure— 11 a.m. to 1 p.m., Strom Thurmond Building, Room 222</div></div>	<div><div>All ACS classes require registration and are subject to change. For more information and to register, call 751-5256/4862/6325.</div><div>The Family Readiness Center is located at 3499 Daniel Circle.</div><div>The Community Center is located at 520 Brown Ave.</div></div>	<div><div>Thanksgiving</div><div></div></div>		



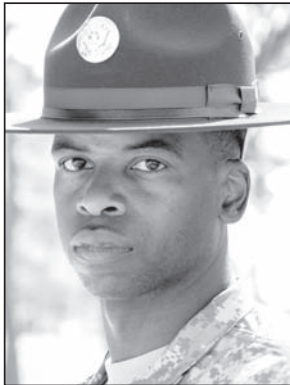
This week's training honors



**Staff Sgt. Brian Garrett**  
Drill sergeant leader  
Drill Sergeant School



**Sgt. 1st Class Eddie Singleton**  
Distinguished honor graduate  
Drill Sergeant School



**Staff Sgt. Brian Jeffers**  
Physical fitness award  
Drill Sergeant School



**Sgt. 1st Class Kenneth Farley**  
Leadership award  
Drill Sergeant School



**Spc. Brittany Brinker**  
Distinguished honor graduate  
Interpostal School



**Spc. Jennifer Manley**  
Distinguished honor graduate  
Interpostal School



**Staff Sgt. Philip Daniels**  
Cadre of the cycle  
187th Ordnance Battalion



**Sgt. Justin Higgason**  
Instructor of the cycle  
187th Ordnance Battalion



**Pvt. William Smith**  
Distinguished honor graduate  
187th Ordnance Battalion



**Pfc. Kyle Jacobs**  
Distinguished honor graduate  
187th Ordnance Battalion



**1st Lt. Mario Smisko**  
Allied distinguished officer graduate  
Adjutant General School  
Captains Career Course



**Capt. Larry Gwinn**  
Distinguished honor graduate  
Adjutant General School  
Captains Career Course



**Capt. Melissa Hoaglin**  
MG Gourley leadership award  
Adjutant General School  
Captains Career Course

Follow the Leader on Twitter at [www.twitter.com/fortjacksonpao](http://www.twitter.com/fortjacksonpao) for breaking news and updates.



Money matters

Mary Sally Matiella, assistant secretary of the Army (financial management and comptroller), speaks to an audience of financial management personnel during the Palmetto Chapter of the American Society of Military Comptrollers and the Financial Management Corp Association luncheon Friday at the NCO Club. Matiella advises the secretary of the Army and chief of staff on all matters related to Army financial management.

Photo by KRIS GONZALEZ





At your service

Phone numbers and operating hours for key post facilities

All South Federal Credit Union	782-9830	Monday-Thursday, 9 a.m. to 5 p.m.; Friday, 9 a.m. to 6 p.m.
American Red Cross	751-4329/5923	Monday-Friday; 8 a.m. to 4 p.m.
Andy’s Fitness Center	751-4177	Monday-Friday, 5 a.m. to 9 p.m.; Saturday, 8 a.m. to 6 p.m.; Sunday, 10 a.m. to 4 p.m.; call for hours on training and federal holidays
Army Career Alumni Program	751-4109/4104	Monday-Friday, 7:30 a.m. to 4:15 p.m.
Army Community Service	751-5256	Monday-Friday, 8 a.m. to 4 p.m.
Army Continuing Education Services	751-5341	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Army Substance Abuse Program	751-5007	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Bowling, Century Lanes	751-6138	Closed Monday; Tuesday-Thursday, 11:30 a.m. to 10 p.m.; Friday, 11:30 a.m. to 11 p.m.; Saturday, 1 p.m. to midnight; Sunday, 2-10 p.m.
Bowling, Ivy Lanes	751-4759	(For use by Soldiers in training): Thursday, 1-8:30 p.m.; Friday, 5:30-9 p.m.; Saturday, 1 p.m. to 9 p.m.; Sunday, 11 a.m. to 5 p.m.
Car Care Center	782-1639	Monday-Friday, 8 a.m. to 5 p.m.
Chaplain Museum	751-8827/8079	Monday-Friday, 9 a.m. to 4 p.m.
Child and Youth Services	751-4865	Monday, Wednesday and Friday, 7:30 a.m. to 4:30 p.m.; Tuesday, Thursday 7:30 a.m. to 6 p.m.
Civilian Personnel Advisory Center	751-3219	Monday-Friday, 8 a.m. to 4 p.m.
Class VI	782-1601	Monday-Friday, 9 a.m. to 7 p.m.; Saturday, 9 a.m. to 8 p.m.; Sunday; 10 a.m. to 7 p.m.
Clinical Army Substance Abuse Program	751-6597	Monday-Friday, 7:30 a.m. to 4:15 p.m.
Coleman Gym	751-5896	Monday-Friday, 5:30 a.m. to 9 p.m.; weekends, training holidays and holidays except Christmas and New Year’s Day, 6 a.m. to 2 p.m.
Commissary	751-5789	Sunday, 11 a.m. to 6 p.m.; Tuesday and Saturday, 9 a.m. to 8 p.m.; Wednesday-Friday, 10 a.m. to 8 p.m.
DA Photos (TSC)	751-7593	Monday-Thursday, 8-11 a.m. and 1-3 p.m.
Defense Military Pay Office	751-6669 (Soldiers) 751-4914 (Civilians)	Monday-Friday, 8-11:30 a.m. and 12:30-4 p.m.
Dental Clinics	751-5178/6017	Monday-Friday, 7:15 a.m. to 4:15 p.m.
Family Health Center	751-2273	Monday-Friday, 7:20 a.m. to 8 p.m.; training holidays, 8 a.m. to 4 p.m.
Florist	738-1812	Monday-Friday, 9 a.m. to 5:30 p.m.
Fort Jackson National Cemetery	699-2246	Monday-Friday, 8 a.m. to 4:30 p.m.
Furniture Store	787-9175	Monday-Friday, 9 a.m. to 6 p.m.; Saturday, 10 a.m. to 5 p.m.; Sunday, 11 a.m. to 5 p.m.
Hospital Retail Annex	782-1263	Monday-Friday, 7 a.m. to 4 p.m.
ID Section	751-7731	Monday- Friday, 8 a.m. to 4 p.m.
Legal Assistance and Claims	751-4287/3603	Monday-Friday, 9 a.m. to 4 p.m.
LCI-SSSC	790-5306	Monday-Friday, 8 a.m. to 4 p.m.
Main Outpatient Pharmacy	751-2259	Monday-Friday, 7:30 a.m. to 5 p.m.
MG Robert B. Solomon Center	751-4056	Monday-Friday, 8 a.m. to 8 p.m.; Saturday, 8 a.m. to 6 p.m.; Sunday, 10 a.m. to 4 p.m.
Military Clothing Sales Store	787-5248	Monday-Friday, 9 a.m. to 7 p.m.; Saturday-Sunday, 10 a.m. to 4 p.m.
Movie Theater	751-7488	Closed Monday-Wednesday; Thursday-Sunday, hours vary
National Federation of Federal Employees	751-2622	
NCO Club	782-2218	Monday-Friday, 7 a.m. to 3:30 p.m.; Saturday, 8 p.m. to 2 a.m. Open later for entertainment and special events; call for details and times
Officers’ Club	751-4906	Monday-Friday, 8:30 a.m. to 4:30 p.m. (open to non-members); Sunday brunch, 11 a.m. to 2 p.m. (members)
Palmetto Falls Water Park	751-3381	<b>**Closed for season**</b>
Perez Fitness Center	751-6258	Monday-Friday, 5:30 a.m. to 9 p.m.; weekends and training holidays, 10 a.m. to 6 p.m.
Pharmacy Annex (PX mall)	751-2250	Monday-Friday, 9 a.m. to 6 p.m.
Pools, Knight	751-4796	Monday-Friday, 6 a.m. to 2 p.m.; 4:30 to 7 p.m.
Pools, Legion	751-4796	<b>**Closed for season**</b>
Post Exchange	787-1950/1951/1952	Monday-Saturday, 9 a.m. to 9 p.m.; Sunday, 10 a.m. to 7 p.m.
Post Library	751-5589/4816	Monday-Tuesday, 11 a.m. to 8 p.m.; Friday-Sunday, 11 a.m. to 5 p.m.
Post Office	782-8709	Monday-Friday, 8:30 a.m. to 5 p.m.
Recycling Center	751-4208	Monday-Friday, 7 a.m. to 3 p.m.; Open 24 hours for drop-off
Reuse Center	751-5121	Monday-Friday, 10 a.m. to 2 p.m.
Safety Center	751-6004	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Shoppette Gate 1	782-2076	Monday-Friday, 7 a.m. to 9 p.m.; Saturday and Sunday, 8 a.m. to 9 p.m.
Shoppette Gate 2	790-4478	Open 24 hours a day
SSI Retail Annex	738-9189	Monday-Friday, 8 a.m. to 2:30 p.m.
Thrift Shop	787-2153	Tuesday-Wednesday, 9 a.m. to 3 p.m.; Thursday, 9 a.m. to 5 p.m.
Vanguard Gym	751-4384	Monday-Friday, 5:30 a.m. to 9 p.m.; Saturday, Sunday and Holidays, 1 to 8 p.m.
Vehicle Registration	751-5887	Monday-Friday, 8 a.m. to 4 p.m.
Veterinary Clinic	751-7160	Monday-Friday, 8 a.m. to 4 p.m.
Victory Travel	751-5812	Monday-Friday, 8 a.m. to 5 p.m.

Anything we missed? E-mail us at [fjleader@conus.army.mil](mailto:fjleader@conus.army.mil).  
This information is published monthly in *The Fort Jackson Leader*.



# The EDGE! Free Zone offers lots of activities

By **BEVERLY METCALFE**

*Family and Morale, Welfare and Recreation*

Not too many things in life are free. Water — no, no, that's not free, you usually have to pay for that. Food, not free; electricity, definitely not free. Air, yes, possibly air, but then again there are a lot of issues with air these days.

However, there are some really great things available to the youth of Fort Jackson that actually are free. Child, Youth and School Services registration for eligible children and youth — free. The CYSS Middle School

After School program — free. The CYSS EDGE! program — free for those 11 and older and at a really great price for children younger than 11. Free is a good thing.

Tuesday, Election Day, which is, after all, about freedom, CYSS will be celebrating and showcasing the

EDGE! program at the EDGE! Free Zone at the Officers' Club from 1 to 3 p.m.

For those who haven't discovered the EDGE! and all the exciting experiences in which Fort Jackson youth can participate, kids can use the upcoming school-out day to learn how to film cool camera tricks, pitch a tent, whip up some Thanksgiving desserts and crafts, putt a golf ball and practice their Harry Potter wizardry skills with some amazing potions and spells.

Youth don't have to be registered with CYSS to participate in the EDGE! Free Zone day, but registration pack-

ets will be on hand for pick-up for parents who are interested, so they can sign up for upcoming monthly EDGE! program packages.

Interested families should RSVP no later than Friday to Beverly Metcalfe at 751-3053.

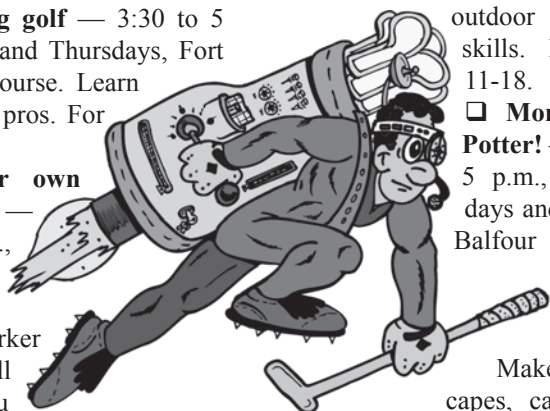


## Current EDGE! classes

❑ **In the swing golf** — 3:30 to 5 p.m., Mondays and Thursdays, Fort Jackson Golf Course. Learn to golf like the pros. For ages 9-18.

❑ **Cook your own Thanksgiving** — 3:30 to 5:30 p.m., Tuesdays and Wednesdays, 5955-D Parker Lane. Make all the things you need for Thanksgiving. For ages 10-18.

❑ **Camp EDGE!** — 4 to 6 p.m., Tuesdays and Wednesdays. Meet for transportation to Weston Lake at 5955 Parker Lane. Pitch tents, build fires, fish for food and learn other



outdoor survival skills. For ages 11-18.

❑ **More Harry Potter!** — 3:30 to 5 p.m., Wednesdays and Fridays, Balfour Beatty Community Center.

Make wands, capes, castles and see the Deathly Hallows movie. For ages 8-15.

❑ **Thanksgiving on Thursday (Magic Tree House)** — 3 to 4:30 p.m., Wednesdays, Post Library. Climb into the Magic Tree House and learn about the first Thanksgiv-

ing. For ages 6-10.

*School-age children who register with Child, Youth and School Services qualify for four hours of open recreation, which can be used toward any EDGE! program.*

*The EDGE! offers free classes as part of the Army Middle School and Teen Initiative for those 11 years and older. For children 9 and 10, classes are \$5 per hour.*

*Register online at <https://webtrac.mwr.army.mil> or at Parent Central Services, 3392 Magruder Ave. "Like" the Fort Jackson EDGE! program on Facebook.*

*Children registered for CYS Services qualify for four hours of open recreation per month.*

## FMWR calendar

### THURSDAY

- ❑ Visit **Century Lanes** for food, fun and bowling.
- ❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for Mongolian BBQ buffet.
- ❑ **Magruder's Pub and Club** is open for lunch.
- ❑ **Victory Bingo**, 2 to 11 p.m.
- ❑ Sleepy story time, 6:30 to 7 p.m., **Post Library**. Come in your PJs, and go home ready for bed.

### FRIDAY

- ❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for the Blue Plate Specials.
- ❑ **Victory Bingo**, starts at 2 p.m.
- ❑ Artistic Expressions with Jake, 6:30 p.m., Teen Room at the **Youth Services Center**.
- ❑ Dance to a variety of music provided by DJ Randall at **Magruder's Club**, 9 p.m. to 3 a.m. Magruder's Club is located in the back of Magruder's Pub. Cover charge is \$5 for civilians and \$3 for military. Be early for happy hour, 4:30 to 7 p.m. Appetizers are available, while supply lasts.

### SATURDAY

- ❑ **Victory Bingo**, starts at 1 p.m.
- ❑ Step Team practice, 2 p.m., dance room at the **Youth Services Center**.
- ❑ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the **NCO Club**. Cover charge is \$5 for civilians and \$3 for military.
- ❑ Buy one wing, get one free at **Magruder's Club and Pub**.

### SUNDAY

- ❑ **Victory Bingo**, starts at 10 a.m.
- ❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for Sunday brunch. Coat and tie are not required. Call 751-4906 or 782-8761.

### MONDAY

- ❑ TRX Outdoors group fitness classes at the **Perez Tennis Court**. Call 751-5768 for more information.

### WEDNESDAY

- ❑ Get your party on at the **NCO Club**, 8 p.m. Cost is \$5 for military, \$7 for civilians. New DJs. Join in for Morale Call 8 p.m. at the NCO Club's Liberty Lounge.
- ❑ Wednesday at **Club NCO** are now Working Women's Wednesdays with specials for the ladies, starting 10 p.m. Club NCO features three bars.
- ❑ 4-H Club meeting for grades one through five. For more information, call 751-1136.
- ❑ Victory Readers Club, 6 to 8 p.m., **Post Library**
- ❑ **Magruder's Pub and Club** happy hour, 4:30 to 7 p.m.

For a complete calendar, visit [www.fortjacksonmwr.com](http://www.fortjacksonmwr.com).

## Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the Nov. 18 Leader must be submitted by Nov. 4.

Announcement submissions are due one week before publication.

For example, an announcement for the Nov. 18 Leader must be submitted by Nov. 11.

Send your submission to [FJLeader@conus.army.mil](mailto:FJLeader@conus.army.mil).

For more information, call 751-7045.



Follow the Leader on Twitter at [www.twitter.com/fortjacksonpao](http://www.twitter.com/fortjacksonpao) for breaking news and updates.



# Childhood obesity a family affair

By **WENDY LaROCHE**

*U.S. Army Public Health Command (Provisional)*

The last two decades have shown a rise in childhood obesity. As obesity numbers in children continue to climb, so do conditions associated with obesity, such as type 2 diabetes, asthma, sleep apnea and high cholesterol. Early detection and treatment can reduce the likelihood of these health problems from occurring. Parents need to advocate for their children by asking questions during annual well visit check-ups with their child's health care provider and by establishing healthy habits at home.

The most widely used diagnostic tool to identify weight problems within a population is body mass index. BMI is a statistical measure calculated from a person's weight and height. For children, BMI is age and sex specific and is often referred to as BMI for age. BMI doesn't measure body fat; it identifies healthy body weight based on comparisons between a child's height and weight as plotted on a growth curve.

A child's BMI is typically calculated as part of an annual well-visit physical. After the BMI is calculated for children and teens, the BMI number is plotted on the Centers for Disease Control and Prevention's BMI-for-age growth charts (for either boys or girls) to obtain a percentile range. The general rule of thumb is that overweight children statistically fall between the 85th and 94th percentile compared to the weight of their peers (same sex and age). Obesity is defined as the 95th percentile or above on the growth chart used.

BMI is one indicator for obesity. The child's pediatrician can help identify whether the child's weight is a concern. Parents can also help by providing the following information to the child's health care provider:

- Family history of obesity and weight-related health problems, such as diabetes,
- Your child's eating habits and calorie intake, and
- Your child's physical activity level.

## ON THE WEB

- ❑ Healthy Youth for a Healthy Future, <http://www.surgeongeneral.gov/obesityprevention/index.html>
- ❑ Let's Move, <http://www.letsmove.gov>
- ❑ We Can! (Ways to enhance Children's Activity and Nutrition), <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/index.htm>

If the child is overweight or obese, try making small changes to eating habits right away. In the morning, use fat-free or reduced-fat milk in cereal and purchase whole-grain cereals. Add fruit to the morning meal. Consider giving the child oatmeal or whole-grain waffles, and limit items like toaster pastries.

Prepared lunches from home also allow more control over the child's caloric intake. For lunch, consider sandwiches made of whole-wheat or whole-grain breads and try mustard or low-fat mayonnaise as a condiment. Include fruit; it's sweet and can satisfy a sweet tooth. Be creative and use a variety of fresh seasonal fruits. Carrots and celery are great in lunches and can be served with peanut butter, fat-free yogurt or fat-free ranch dressing for dipping.

Avoid snacks containing partially hydrogenated oils such as coconut and palm oils. These oils are often used in processed foods such as cookies and crackers. Last, provide a bottle of water; the child will appreciate it especially in warmer weather.

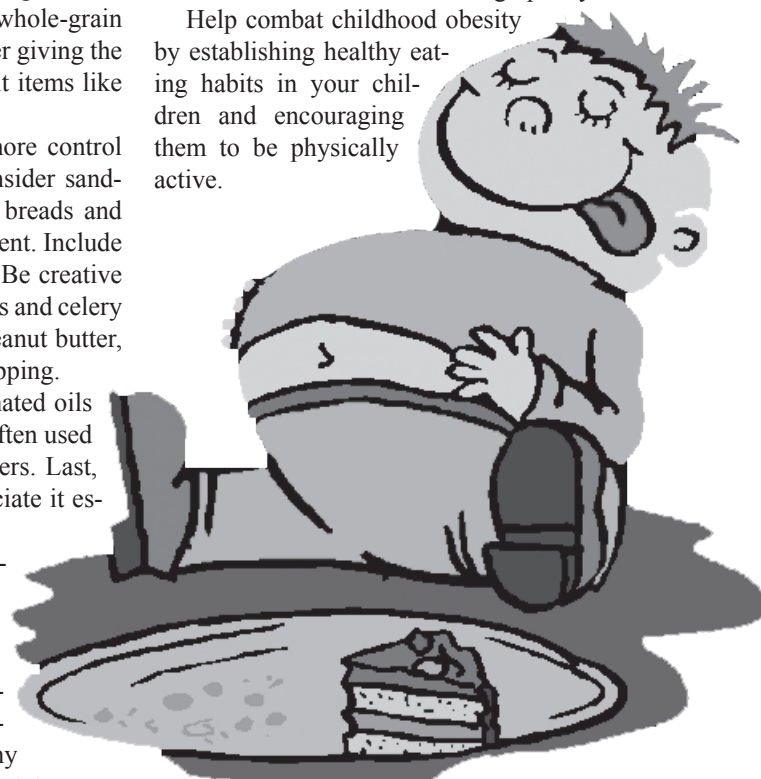
Think differently about dinner. Engage children in the cooking process and portion food in a serving dish that would equal a serving size for each family member. Passing the serving dishes around will teach children to take smaller food portions. Try broiling or baking something that may normally be fried. Add lots of any kind of veggies and minimize starches like potatoes or

white rice.

When it comes to dessert, offer healthy options like a frozen fruit bar or a yogurt smoothie. Use the blender and whip up some frozen fruit and fruit juice; the combinations are endless. If it is cake the kids crave, angel food cake is a good option and it is fat free.

Exercise is a great family activity. Walks after dinner are a nice way to burn calories. Let children help plan the exercise and physical activity regimen. Get them moving. On warmer days, ride bikes, run or play tennis or basketball. If the weather is rainy, play indoor games. Check out an exercise or dancing DVD from the library or simply play a favorite CD and have fun making up silly dances.

Help combat childhood obesity by establishing healthy eating habits in your children and encouraging them to be physically active.



## Do you know your dental IQ? Take the quiz

By **BETHANN CAMERON**

*U.S. Army Public Health Command (Provisional)*

Dental health is a key element of health. The health of one's mouth impacts overall health and readiness. October, which is National Dental Hygiene Month, is a good time to refresh basic knowledge of dental health and hygiene.

**Which of the actions below is the most important method for preventing tooth decay?**

- a. Limiting sugary snacks and sweetened drinks
- b. Brushing and flossing
- c. Daily use of fluoride toothpaste
- d. Drinking fluoridated water
- e. Chewing sugarless gum
- f. Visiting the dentist at least once a year

All of these measures help prevent tooth decay. Research has shown that brushing with fluoride toothpaste at least twice a day and drinking fluoridated water are the most important. Flossing prevents gingivitis (gum disease), which causes redness and

bleeding around the teeth. Chewing sugarless gum made with the natural sugar xylitol, blocks bacteria from producing the acids that cause tooth decay. Seeing a dentist regularly to check for early signs of decay is important. Early tooth decay can be reversed if the teeth are treated with fluoride before the decay sets in too deeply.

**Which of these actions are important in preventing gum disease?**

- a. Seeing a dentist regularly
- b. Regular brushing and flossing of teeth
- c. Avoiding between-meal snacks and sweetened drinks
- d. Using fluoride toothpaste or fluoride mouthwash
- e. Drinking water with fluoride from early childhood

Regular brushing and flossing is important to remove harmful bacteria from the mouth. Seeing a dentist regularly to check the health of your gums so that gum disease can be detected and treated before it causes damage is important. Research has shown these are both key measures in preventing gum disease.

**Which of the following best describes the purpose of dental sealants?**

- a. To prevent gum disease
- b. To prevent tooth decay
- c. To hold dentures in place
- d. To fill cavities
- e. To improve appearance of teeth

Dental sealants are thin, plastic coatings applied to the grooves and pits on the chewing surfaces of teeth to seal out decay. Dental experts regard placing dental sealants and avoiding between meal snacks as key measures in preventing tooth decay. Dental sealants are commonly placed on the gums of children to prevent tooth decay.

Tooth decay is the most common chronic disease of childhood. It is almost entirely preventable. Children should use a small-headed toothbrush that fits the size of their mouth. Children ages 2 to 6 should use a small amount of fluoride toothpaste, the size of a pea, on their toothbrush. Children younger than 2 should not use fluoride toothpaste unless it is approved by a dentist or health care provider. Parents should supervise their child's tooth-brushing until age 6 to ensure that they don't eat the tooth-

paste or use too much.

Other dental health measures that impact health involve sports and deployment. A key prevention measure is to use a mouth guard to prevent dental injuries when playing sports. Using a mouth guard that fits snugly and adapts to the teeth will help prevent these injuries.

Soldiers who deploy have a higher risk of decay due to the increased amounts of sugars and starches in rations. They should brush at least twice a day with fluoride toothpaste. One can brush without running water by applying toothpaste to a dry brush. Brush all surfaces of the teeth. Spit out the excess toothpaste. Do not rinse after brushing so that the fluoride will stay on longer and protect the surfaces of your teeth. Wait for least 30 minutes after brushing to eat or drink.

Tooth decay and gum disease are caused by factors such as diet, hygiene habits and exposure to fluoride. It is important to maintain good dental health to prevent tooth decay and gum disease. Maintain regular tooth brushing and flossing. Have a dental check up ever year.



# Sound too good to be true? Probably is

## Easy money-making, vacation club offers are often scams

By CAPT. HERBERT BUNTON III  
Office of the Staff Judge Advocate

Every day, people are swindled out of their hard-earned money by offers that sound too good to be true. They *are* too good to be true. The seminars, websites and advertisements from these schemes all look professional and sound legitimate. Before sending anyone money for an investment, make sure it is not a scam. Here are a few common con schemes, how to spot them and what to do if you are "taken" by one of these fraudulent schemes.

### VACATION CLUBS

#### What are these Vacation Clubs for Discount rates?

In many vacation areas there are companies marketing how a person can get ridiculously low rates for vacation spots by joining a vacation club. The companies will often solicit for a seminar to show all the great vacation rates they have at many vacations spots. They will advertise these great deals they can get you for being a member. They will usually ask for a lifetime membership fee of a few thousand dollars or ask for a substantial membership sign-up fee with a monthly fee.

#### What is the catch?

The vacation club members will tell people they can provide discount rates but, they will be based only on availability. And when a person calls to schedule the vacation at the "great deal" rate he or she was offered, the person will be told there is nothing available at that rate. The club will then offer the person the same vacation he or she wants at the rate he or she would get without the vacation club. The discounted rate vacations do not exist and most members will never see those rates for any vacation they book with that company.



#### How can I avoid the vacation clubs scheme?

Do not sign or buy any membership after attending a presentation or seminar for a vacation club. Contact the Department of Consumer Affairs to inquire about the company. It is also a good idea to search the Internet about the company offering these vacations. Many of these vacation club companies swindle tons of people who have made complaints online. Also bring any contract into the JAG office for review before signing.

### PYRAMID SCHEMES:

#### What is a pyramid scheme?

Pyramid schemes are marketing and investment frauds. One type of pyramid scheme involves a person who is offered a distributorship or franchise to market a particular product. No profit is earned by the sale of the product; instead profit is earned by the sale of new distributorships. Pyramid schemes come in many forms, but one common characteristic they share is the promise of large profits based on recruiting others to join their program. They are not based on profits from any real investment or sale of goods to the public.

Signs that the investment is a pyramid scheme:

The company running the pyramid scheme will have an incentive program that forces recruits to buy more products, at in-

flated prices, than they could ever sell. This practice is called inventory loading. Also look for a lack of retail sales. Many pyramid schemes will claim that their product is selling very well. Check to see if those sales are to the general public or if they are being sold to new recruits in the pyramid structure.

#### How can I avoid a pyramid scheme?

Be careful when an opportunity to invest money requires bringing in subsequent investors in order to increase profits or get back an initial investment. Also, check to see if the franchise or investment is legitimate by visiting the Federal Trade Commission's website at [www.ftc.gov](http://www.ftc.gov). The commission has posted several alerts regarding pyramid schemes. Lists of companies in good standing with the Better Business Bureau can be found at <http://www.bbb.org/reports.asp>.

### PONZI SCHEMES:

#### What is a Ponzi scheme?

A Ponzi scheme is an investment fraud in which the operator of the scheme promises a high financial return on an investment that would not be possible through a conventional investment. A Ponzi scheme is closely related to a pyramid scheme because it revolves around continuous recruiting, but the operator of a Ponzi scheme generally does not have a product at all. In-

stead, the operator will use the money from new recruits to pay obligations owed to longer-standing members of the program. The operator will use seminars or other methods to promise potential investors that if they invest, they will realize large profits. Most Ponzi scheme operators will say that they are investing money in a foreign market, but instead of investing the money the operator will use the money to keep the scam going or will take the money and disappear.

#### How can I avoid a Ponzi scheme?

Make sure that to use due diligence in selecting where to invest money. Select investments and individuals with good reputations. Make sure to fully understand the investment before investing money. One thing to remember is that if the investment looks too good to be true, it probably is. Check reviews of the company on the Web and visit sites such as the Consumer Action Web site (<http://www.consumeraction.gov/>) for more information.

The best way to protect yourself and your money is to know as much about a potential investment before getting involved. More information about common fraud schemes can be found at: The Federal Trade Commission at <http://www.ftc.gov/bcp/index.shtml>, the Federal Bureau of Investigation at <http://www.fbi.gov/majcases/fraud/fraudschemes.htm#creditfraud>. Another good site is <http://www.lookstoo-goodtobetrue.com>.

## Fort Jackson Legal Office

The Fort Jackson Legal Assistance Office provides legal services to eligible people, including powers of attorney, living wills and health care powers of attorney.

These services are available through an appointment with a legal assistance attorney 9 to 11:30 a.m. all week, or on a walk-in basis on Thursday.

Power of attorney, living will and

health care power of attorney walk-in clients are seen 1:30 to 4 p.m., Tuesdays.

Customers who need a will fixed must make an appointment.

Call 751-4287 to make an

appointment.

The Legal Assistance Office is located at 9475 Kershaw Road on the corner of Kemper Street and Kershaw Road.



**The *Leader* welcomes reader submissions. When submitting an article, photo or announcement, please adhere to the following deadlines:**

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# Be mindful of judging others’ sins

By CHAPLAIN (MAJ.)  
THOMAS “BUZZ” MATTINGLY  
Installation Chaplain Office

*Shalom b’Shem Yeshua HaMachiach!* (Peace through Jesus the Messiah!)

*“Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you. Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye? How can you say to your brother, ‘Let me take the speck out of your eye,’ when all the time there is a plank in your own eye? You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother’s eye”* (Matthew 7:21-23, NIV).

How many times have you heard someone quote this scripture? At least once in your lifetime someone assuredly has told you this when you offered your opinion on some issue. So what did the Messiah mean when he instructed his disciples about this in the Sermon on the Mount? What is judging? When it is wrong? And under what circumstances might it be right?

Messiah taught us elsewhere in Brit HaDashah (the New Covenant): “Never criticize or condemn — or it will all come back on you. Go easy on others; they will do the same for you.” (Luke 6:37, Living Bible) And Reb Shaul (the apostle Paul) enjoined us in his letter to the brothers and sisters in Rome: ““Well,’ you may be saying, ‘what terrible people you have been talking about!’ But wait a minute! You are just as bad. When you say they are wicked and should be punished, you are talking about yourselves, for you do these very same things” (Romans 2:1, Living Bible).

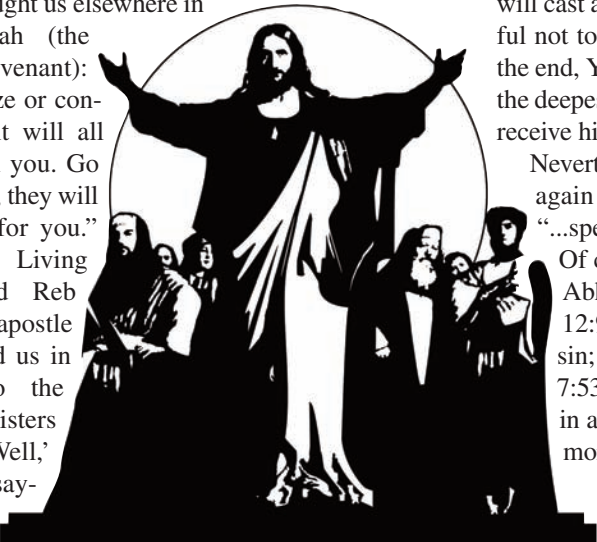
Beloved, we must be quite careful when it comes to deprecating others, because the words we use to censure others

will cast aspersions on us. In other words, we must be careful not to jump to conclusions about another’s actions. In the end, Yeshua himself will shine his light upon us, so that the deepest motives of our hearts are exposed, and each will receive his or her recompense (See I Corinthians 4:3-5).

Nevertheless, while we may not revile others, as born-again believers in Machiach, we are called to be “...speaking the truth in love” (Ephesians 4:15, KJV). Of course, we are to “Let love be without hypocrisy. Abhor what is evil; cling to what is good” (Romans 12:9, NASB). As the old aphorism states: “Hate the sin; love the sinner.” That’s what Yeshua did. In John 7:53-8:11, Machiach did not rebuke the woman caught in adultery. Instead, he charged her to “go and sin no more.”

Indeed, we may tell an adulterer that adultery is wrong; we cross the line when we call those with such proclivities an idiot or dolt. Perhaps the next time we are tempted to reprimand or blame a brother or sister, we might say to HaShem,

“Adonai (the LORD), set a guard over my mouth, a watch at the door of my lips....” (Mizmor [Psalm] 141:3, JPS Tanakh); and “Adonai, be merciful to me, a sinner” (Luke 18:13, The Complete Jewish Bible).



PROTESTANT

- Sunday  
9 a.m. and 10:30 a.m. Magruder Chapel  
9 a.m. Daniel Circle Chapel (Gospel) service at the Post Theater  
9 a.m. McCrady Chapel (SCARNG), McCrady Training Center  
9:30 a.m. Main Post Chapel  
9:30 a.m. Solomon Center (Hispanic)  
9:40 a.m. Moncrief Army Community Hospital  
10:45 a.m. Post-wide Sunday School (Main Post Chapel)  
11 a.m. Memorial Chapel  
11 a.m. Chapel Next, Bayonet Chapel  
6 p.m. Transitions Christian Service, Anderson Street Chapel
- Wednesday  
6 p.m. Prayer Service Magruder Chapel

Protestant Bible Study  
■ Monday

- 7 p.m. Women’s Bible Study (PWOC — Main Post Chapel, Class 209)
- Tuesday 9:30 a.m.-noon Women’s Bible Study (PWOC, Main Post Chapel)
- Wednesday  
7 p.m. Gospel Mid-week prayer/Bible study Magruder Chapel  
7 p.m. Gospel Congregation’s Youth (Magruder Chapel)
- Thursday  
6 p.m. Neighborhood CMF/OCF Bible Study (Call 790-4699)
- 7 p.m. LDS Bible Study (Anderson Chapel)
- Saturday  
8 a.m. Men’s Prayer Breakfast (Main Post Chapel, (every second Saturday of the month in Chapel Fellowship Hall)

PROTESTANT YOUTH OF THE CHAPEL  
■ Saturday  
11 a.m. Magruder Chapel (third Saturday)  
■ Sunday  
5 p.m. Main Post Chapel

CATHOLIC

- Monday-Thursday  
11:30 a.m. Mass (Main Post Chapel)
- Sunday  
8 a.m. Mass (Solomon Center)  
11 a.m. Mass (Main Post Chapel)  
9:30 a.m. CCD (Education Center)  
9:30 a.m. Adult Sunday School

- 12:30 a.m. Catholic Youth Ministry
- 8 p.m. McCrady Chapel (SCARNG), McCrady Training Center
- Wednesday  
7 p.m. Rosary  
7:30 p.m. RCIA/Adult Inquiry

ANGLICAN/LITURGICAL

- Sunday  
8 a.m. Anderson Street Chapel

ISLAMIC

- Sunday  
8-10 a.m. Islamic Studies (Main Post Chapel)
- Friday  
12:30-1:45 p.m. Jumah Services (Main Post Chapel)

JEWISH

- Sunday  
9:30-10:30 a.m. Memorial Chapel  
10:30-11:30 a.m. Jewish Book Study (Post Conference Room)

CHURCH OF CHRIST

- Sunday  
11:30 a.m. Anderson Street Chapel

LATTER DAY SAINTS

- Sunday  
9:30 a.m. Anderson Street Chapel

ADDRESSES, PHONE NUMBERS

**Daniel Circle Chapel**  
3359 Daniel Circle, corner of Jackson Boulevard, 751-4478  
**Main Post Chapel**  
4580 Strom Thurmond Blvd., corner of Scales Avenue, 751-6469  
**Bayonet Chapel**  
9476 Kemper St., 751-4542  
**Family Life Chaplain**  
4850 Strom Thurmond Blvd. (inside of Main Post Chapel), 751-5780  
**Anderson Street Chapel**  
2335 Anderson St., corner of Jackson Boulevard, 751-7032  
**Education Center**  
4581 Scales Ave.  
**Magruder Chapel**  
4360 Magruder Ave., 751-3883  
**120th Rec. Bn. Chapel**  
1895 Washington St., 751-5086  
**Memorial Chapel**  
4470 Jackson Blvd., 751-7324  
**Chaplain School**  
10100 Lee Road, 751-8050



# FIRST RESPONDER

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

**Col. Ronald F. Taylor**

*Director,  
Emergency Services/Provost Marshal*  
**Sgt. Maj. Glen W. Wellman III**  
*Provost Sergeant Major*  
**Billy Forrester**  
*Fire Chief*

## CASES OF THE WEEK

❑ A Soldier and civilian were charged with shoplifting in connection with the theft of clothing and shoes throughout a two-day period, Military Police said. The Soldier stole the items, which had a combined value of nearly \$300, while the civilian served as a lookout, MPs said. The civilian was issued a three-year permanent bar letter while the Soldier was released to his unit.

❑ A civilian was charged with driving under the influence, driving with an open container and public disorderly conduct after security smelled alcohol on him during a traffic stop, MPs said. He was administered field sobriety tests, which he failed, MPs said. His vehicle was towed from the installation.

❑ A Soldier was cited for failure to maintain or control an animal after MPs re-



ceived reports of a dog running loose in the housing area, MPs said. The dog was also unregistered. On-post pets must be registered with the on-post veterinarian and housing must also be notified.

## TIP OF THE WEEK

Fort Jackson Supplement 1 to Army Regulation 190-5, Motor Vehicle Traffic Supervision, outlines the rules and regulations for pedestrians, bicyclists and skateboarders on the installation.

A few main points of the regulation are:

❑ Pedestrians will obey all traffic control devices unless otherwise directed by Law Enforcement.

❑ The use of headphones or earphones is prohibited by runners, bicyclists, etc.

❑ Joggers, walkers and runners must exercise on the side of the road facing on coming traffic, keeping as close to the road's edge as possible and making maximum use of the shoulders and walkways. Those using the roads, sidewalks or shoulder of the road during limited visibility

hours must wear reflective armbands, vests or other items of reflective clothing or tape to enable clear visibility from all directions.

❑ Jogging is not permitted on Marion Avenue.

## BICYCLING

❑ Bicyclists are required to obey all traffic laws in accordance with South Carolina Vehicle Code. When bicycles are dismounted, rules pertaining to pedestrians apply.

❑ Bicyclists will move with the flow of traffic and not impede the operation of motor vehicles.

❑ A bicycle being operated at night will be equipped with a working headlight, taillight and reflectors, which are visible up to 200 feet.

❑ Riding double on a bicycle is prohibited with the exception of a tandem built bicycle. Child carriers are authorized.

❑ All bicyclists and children riding in child carriers must wear a properly fastened and approved helmet.

## SKATEBOARDING, SCOOTERS AND SKATING

❑ Skateboards, rollerblades, roller skates and scooters must not be used in parking lots (during business hours) roadways, the shoulder of the road and bicycle paths.

❑ Skateboards, roller blades and scooters may only be ridden during daylight hours.

❑ Use of skateboards, roller blades, and scooters are prohibited in the following business areas at all times. Bowling Alleys, Shoppettes, Theaters, Burger King, and the Child Development Center

❑ Skateboards, roller blades, and scooters may be used at the following locations: On sidewalks (except in the business areas noted), playgrounds, empty parking lots (except in the business areas noted), PX and Commissary parking lots one hour after closing until dark. Other areas that do not interfere with vehicular traffic.

❑ Using things such as benches, ramps, and other permanent structures to aid in performing stunts is prohibited.

❑ Anyone using skateboards, roller blades or scooters must wear a properly fastened and approved helmet.

❑ The use of headphones or earphones while using bicycles, skateboards, roller blades or scooters is prohibited.

Drivers are always cautioned to obey posted speed limits and watch for pedestrians and children playing. For questions about a law, rule, or regulation, please call the MP Desk at 751-3115.

Cellular phones not equipped with a hands free device may not be used while operating a motor vehicle on Fort Jackson. Violations may result in a \$50 fine under 32CFR634.25.

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# Diet, exercise important for metabolism

Anyone who is taking steps to improve his or her overall health is sure to continue to run across the word metabolism. So many of us blame our metabolism for our struggles with making that scale go down. To some degree it's true. But to a greater degree, it is not.

That's good news because we all want to take comfort in the fact that there is a remedy to help us gain victory in the weight-loss arena. Metabolism is the amount of calories that a person's body uses to maintain itself. Making the heart beat, sleeping or just sitting and watching television requires energy. The amount of energy needed to do all these functions is called metabolism. How fast or slow it goes varies from person to person. Every dieter has probably suspected that his or her metabolism and weight loss are related; that suspicion is correct. Metabolism is affected by the amount of muscle a person has versus the amount of fat. That is because muscle is an active tissue. It gets hungry and needs to feed. Its food of choice is your excess fat. Isn't that wonderful?

Everyone should build a relationship with his or her metabolism. Everyone needs to know how his or her metabolism works so he or she can manipulate it to the body's advantage. What speeds it up? What slows it down? What keeps it revved? Knowing the answer to these questions is like ammunition. Of course, because

## The Weigh it Is

By PAMELA GREENE

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weight loss is the ultimate goal, how can a person get his or her metabolism hungry? It must be boosted. How can it be boosted? Well... it must be fed exercise. Using exercise to manipulate metabolism grants loads of benefits.

- It slows down the aging process; increases your strength, stamina and immunity;
- It reduces your body fat and fights off cardiovascular disease; and
- It enhances your memory and restores your youthful glow.

Those are some great incentives, so even though genetics can play a role in metabolism speed; don't focus on what cannot be changed. Instead, focus on what people can do. A novice new to exercise can do easy things

like parking the car as far away as possible from the door of the mall or grocery store. Take the stairs instead of the elevator or even do 10 minutes of exercise.

Everything a person does throughout the day will increase his or her metabolism for that day. In order to kick things into high gear, make a point to add some strength training to the day. Remember, muscle requires oxygen just to maintain its resting state; fat just sits there and waits to be fed again. Muscle is very active tissue; a pound of muscle burns about 40 calories a day, while a pound of fat burns just two calories a day.

A sad reality is that our metabolism naturally slows with age. After 30, the body gradually begins to lose its muscle. For example, if a person's activity level stays the same and the amount of calories he or she eats stays the same, the person will still gain weight because the metabolism has slowed down. So exercise — and pick up those weights — on a regular basis. That way the changes are more subtle. Begin exercising and if you are dieting, stop. Each person needs a healthy meal program that contains foods lower in fat. These food choices really work with the metabolism. Eating right and light throughout the day will keep the metabolism humming and leveled all day. Everything goes back to exercise and eating healthy. It may not be the fast track, but it will get your metabolism on track.

## Sports shorts

### COMMANDER'S CUP BOWLING

Commander's Cup bowling begins Friday and continues Monday and Tuesday. Play begins at 2 p.m. each day. Each battalion can have up to three teams. Prizes will be awarded for male and female high game; male and female high series; and top team. The tournament is for active-duty personnel only. Names of those participating in the Oct. 29 bowling are due to the Sports Office by today. For more information, call the Sports Office at 751-3096.

### HALLOWEEN HOWL 5K

The second annual Halloween Howl 5K fun walk/run and 10K fun run is scheduled for 8 a.m., Saturday. Participants can register on race day from 6:30 to 7:30 a.m. For more information, call the Sports Office at 751-3096.

### YOUTH BASKETBALL

Youth Sports and Fitness is accepting players for the upcoming basketball season. Age groups are: 5-6, 7-8, 9-10 and 11 and older. Parents may register their children at the Parent Central Services Office in the Joe E. Mann Center. Registration will end Nov. 19 and the registration fee is \$40. Youth Sports is also seeking volunteer basketball coaches.

Head coaches and assistant coaches receive a discount on their children's fees. Coaches are required to undergo a background check and attend a National Youth Sports Coaches Association certification training class. Call the Youth Sports and Fitness office at 751-5040 for more information.

For a full list of calendar events, visit <http://jackson.mhsoftware.com/>

## Post racers



Leader file photo

Members of Fort Jackson's four Ten-Miler teams, shown here with Maj. Gen. James Milano, Fort Jackson commanding general, and Post Command Sgt. Maj. Brian Stall, competed in Sunday's Army Ten-Miler in Washington. The results are as follows: Fort Jackson #1 (Commander's Cup Men) — 16th out of 40; Fort Jackson #2 (Mixed) — 16th out of 46; Fort Jackson #3 (Mixed) — 19th out of 46; Fort Jackson #4 (Mixed) — 24th out of 46. More than 12,000 men and 9,500 women participated in the annual race.

## Football standings\*

### Monday/Wednesday League

4-10th	5-0
SCARNG	4-1
3-34th	3-2
2-39th	2-0
165th	2-2
MEDDAC	1-2
USADSS	1-2
193rd	1-3



MPs	1-4
1-34th	0-2
Team Camden	0-2

### Tuesday/Thursday League

120th	7-0
1-61st	4-2
187th	4-2
TSB	4-2

3-60th	3-4
171st	3-3
80th Div	2-4
2-60th	1-4
TFM	0-6

\* Standings as of Wednesday morning